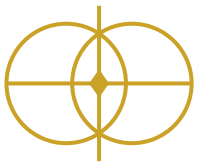
NOETIC REALISM

90 DAY PRACTICE SCHEDULE

Foundation for continued practice

Meditation • Discipline • Inquiry • Integration



The purpose of the first 90 days is to establish the foundations of Noetic Realism through meditation, physical discipline, self examination, study, prayer, dream work, symbolism, and philosophical inquiry.

The 90 day period is not intended to complete the entire Noetic Realism path. It is the foundation for continued practice.

Daily Foundations

- Meditation, 15 to 20 minutes minimum.
- Journal, write down thoughts, observations, questions, and experiences.
- Dream journal, record dreams immediately after waking.
- Prayer, ideally three times daily.
- Physical training, at least two resistance training sessions per week, with cardio and walking incorporated throughout the week.
- Study, spend time reading and studying philosophy, psychology, mysticism, symbolism, or one of the traditions that informs Noetic Realism.

Week 1, Foundation

- Study what Noetic Realism is and why it exists.
- Begin daily meditation.
- Begin keeping a personal journal and dream journal.
- Begin daily prayer.
- Begin regular resistance training.
- Take mindful walks and practice observing your surroundings and thoughts without distraction.
- Write down your current beliefs about consciousness, God, the Self, reality, and spirituality.

Week 2, Awareness

- Continue daily meditation and prayer.
- Practice breath meditation.
- Begin asking yourself regularly, "What am I experiencing right now?"
- Practice mindful walking.
- Record recurring thoughts, emotions, behaviors, and patterns in your journal.
- Begin studying the distinction between the personality, ego, mind, body, and Self.

Week 3, Mantra and Japa

- Choose a mantra, prayer, or sacred phrase.
- Begin daily japa.
- A basic target is 108 repetitions, with additional rounds added gradually if desired.
- Continue meditation, prayer, physical training, walking, and journaling.
- Record how repetition affects attention and awareness.

Week 4, Visualization

- Begin willed daydreaming and visualization.
- Visualize a place, quality, goal, or archetype you wish to explore.
- Spend 15 to 20 minutes practicing deliberate visualization.
- Record what happens during the practice.
- Continue meditation, japa, prayer, dream journaling, and physical training.

Week 5, Physical Discipline

- Continue at least two resistance training sessions per week.
- Add regular cardio.
- Begin developing your ability to walk for longer periods while maintaining awareness.
- If fasting is appropriate for you, begin with a conservative fasting period such as 16 hours. Fasting should not be treated as a test of spiritual worth, and anyone with a medical condition, medication requirement, history of disordered eating, or other relevant concern should avoid fasting unless cleared by a qualified healthcare professional.
- The purpose of physical discipline is mastery and health, not self destruction.

Week 6, Dreams

- Study dreams and their symbolism.
- Continue keeping a dream journal every morning.
- Begin reality checks during the day.
- Before sleeping, set the intention to recognize when you are dreaming.
- Record recurring people, locations, emotions, symbols, and themes.
- Distinguish the dream experience itself from your interpretation of it.

Week 7, Lucid Dreaming

- Continue dream journaling and reality checks.
- Practice becoming aware of the dream state.
- Before sleeping, repeat the intention to recognize that you are dreaming.
- If lucid dreaming occurs, observe the experience calmly rather than immediately trying to control it.
- Record the experience afterward.

Week 8, Symbolism

- Begin studying Tarot.
- Learn the basic meanings and symbolism of the cards.
- Begin studying astrology and Jungian psychology.
- Study how different traditions use symbols to represent psychological and spiritual ideas.
- Create your own symbolic interpretations rather than simply accepting someone else's interpretation.

Week 9, Invocation and Thought Forms

- Study invocation as a method of identifying with an archetype, quality, or symbolic force.
- Choose one quality you wish to develop, such as courage, discipline, wisdom, compassion, or strength.
- Create a symbolic representation of that quality.
- Meditate upon it and visualize embodying it.
- Record your experiences.
- Treat unusual sensations or altered states as experiences to observe and investigate, rather than automatically assuming a supernatural explanation.

Week 10, Evocation

- Study the relationship between invocation and evocation.
- Take something that represents a quality or archetype you have been working with and give it an external form through art, writing, an object, symbol, or other creative work.
- Consider what the external representation reveals about your own mind.
- Continue all foundational practices.

Week 11, The Shadow and Opposites

- Begin studying the parts of yourself that you normally reject, suppress, or avoid examining.
- Write down qualities you dislike in yourself and qualities you strongly dislike in others.
- Ask whether any of these qualities exist within yourself in some form.
- Examine opposing qualities within your personality.
- The goal is integration, not becoming destructive or deliberately engaging in harmful behavior.
- Do not attempt to recreate dangerous, criminal, abusive, or self destructive lifestyles as a spiritual exercise.

Week 12, Detachment

- Study the concept of detachment.
- Observe your reactions to pleasure, pain, praise, criticism, success, failure, desire, fear, and anger.
- Practice observing these experiences without immediately identifying with them.
- Ask yourself:

  "Is this thought who I am?"

  "Is this emotion who I am?"

  "Is this role who I am?"

  "What remains when I stop identifying with these things?"

Continue meditation, prayer, physical training, dream work, and journaling.

Days 85 to 90, Integration

- Review the previous 12 weeks.
- Read through your journal.
- Review your dreams.
- Review your meditation experiences.
- Review your physical progress.
- Review your philosophical beliefs.
- Identify the practices that produced the greatest changes in your awareness and behavior.
- Write a final 90 day reflection answering:

  What have I learned about myself?

  What have I learned about consciousness?

  What beliefs have changed?

  What beliefs have become stronger?

  What parts of myself have I integrated?

  What attachments have I become more aware of?

  What practices will I continue?

  What do I still not understand?

Final 90 Day Principle

The purpose of the first 90 days is not to become an Adept, achieve a supernatural state, or complete Noetic Realism.

It is to establish discipline, develop awareness, investigate the Self, integrate aspects of the psyche, improve physical and mental health, and begin developing an independent understanding of consciousness and spirituality.

The practitioner should finish the 90 days with more awareness, greater discipline, better self understanding, and a clearer understanding of the path they wish to continue.

End of the first 90 days foundation